



## 2017 Newsletter

Hi Folks,

Happy New Year from all the team at The Climbing Station! We would like to take this opportunity to update you on what's been happening and what is going to happen in the first part of 2017.

We are now half way through our Winter Bouldering League. Thank you to everyone who has come to take part and thank you to our sponsors, Tenaya, Climb On, Snap, Lattice and Sherpa for supporting us throughout. A big thank you also to Mandy who single handedly cooks dinner for one hundred plus people! Well done to Morgan Finney, Jenny Summer, Tom Elwood, Airlie Borlase, Henry Toolman and Hazel Dearlove who are currently leading in their categories! Still two rounds to go however! The next round will be Jan 5<sup>th</sup> so get it in the diaries. I would also like to remind you that these competitions are designed for everyone! The fun category can be attempted by those new to climbing.

As part of a new promotion, we will offer any existing members who bring along a new climber a free climb on the day throughout the whole of January. (Anyone with a membership can have a free tea and cake instead).

As I'm sure everyone is aware, we now have our own Lattice board. There is various information at the centre and online but the best way to find out what it's all about is to ask Adam at the wall or send an email. The biggest misconception is that Lattice is only for climbers who operate at a very high level, this is not the case! Our board is ten degrees overhanging, this makes it unique as there are no others like it in the country. This board is designed for climbers operating at V2-V7 and/or sport 6b to 7b+. This is cutting edge research into training for rock climbing! And it's at your local wall! Get psyched!

Shortly into the New Year we will be getting brand new Salmon and Pink/Grey holds to go along with our recently purchased Yellows. We try to replace our holds whenever possible to maximize the quality of route setting! On top of this we have also ordered a range of new volumes which will be arriving soon!

We are running our 2017 junior team selection on January 16<sup>th</sup>. This is an opportunity for juniors aged between 8 and 17 to be sponsored by The Climbing Station and represent us at competitions. They receive weekly coaching from our coaching team as well as training support and training programs where appropriate. We have some serious talent representing us at the moment and we are hoping to expand on this in the coming year. You will be able to spot our team members as they will be wearing our team kit. Feel free to say hi or ask for help on a problem!

Over the Christmas period we will be doing a total re set of the circuit boards so they will be up and ready for testing in January. We will be putting extra effort (and possibly some secret new holds) onto the ten degree circuit board. Finally for the beasts amongst you, we will be putting some new holds on the 45 degree woody. This will make it slightly more user friendly (although still very tough)!!



We will also be running our annual 'Squash' bouldering competition in March. Keep an eye out for more information at The Climbing Station. This is our unique format, fun competition, designed especially for those who don't like generic competitions.

Thank you all again for your continued support.

Adam, Roger and all The Climbing Station Team.